

OKYEAME

AFRICAN AMERICAN HISTORY MONTH CELEBRATION

By: Eva J. Spence-Johnson

The majority of us would agree that celebrating African American's history should be a year round event. Yet, this acknowledgement does not prevent us from the excitement of planning many activities, throughout the month of February.

"Negro History Week" was founded in 1926, because of the lack of our history being presented and recorded in most history books and other resources. It was founded by Dr. Carter. G. Woodson who earned his PhD from Harvard U. His overall goal was to ensure that the history and contributions of African American would be truly intergraded into the recorded histories of his country. Dr. Woodson, along with W. E. B. DuBois was also one of the founders of the National Association for the Advancement of Colored People, (NAACP) in February of 1909. He chose third week in February was chosen for "Negro History Week." Later, the entire month was considered "Black History Month". The United Kingdom celebrates Black History Month during the month of October.

Teachers and other leaders usually began with the celebration of Martin Luther King's birthday by planning school and cultural assembly programs, community events, displaying posters, exhibiting resources, feasting, preparing new activities, such as essay and art competitions and sometimes assigning research projects. Storytelling is being included more and more by all ages. You will also find some clergy people preparing and revising motivational sermons around the practical and spiritual roles of great African American contributors and many social and civic organizations will plan elaborate "mentorship" and cultural events, for the youth and adults.

It is asked by more than one would expect, "Why do we make such a "big deal" of celebrating the history of African Americans?" An answer given, especially by African Americans, is, for example, "because our history is not always available to everyone and, therefore, not appreciated as a result. Our history is one of our greatest assets, and we feel it should never be forgotten." African Americans' contributions toward the building of America and globally must continue to be documented and within reach for everyone. Celebrating African American History; it has been proven, promotes the self-pride and inspires our youth to realize their possibilities and potentials.

History of our ancestors who "made a difference;" it should never be forgotten. Who wouldn't stick out their chest when hearing the story of Underground Railroad and Harriett Tub man's courage as she led so many slaves to freedom? How could we avoid being very grateful to Supreme Court Justice, Thurmond Marshall for his integrity and many unselfish contributions via the legal system toward equity and fairness for all African Americans? Today, African American history is celebrated not only with the acknowledgement of the past great inventors, artist, writers, and orators, but also by enjoying the talents of many past and present musicians such as Louis Armstrong, Wynton Marsalis, Duke Ellington and Marian Anderson. Their perfected skills act as the role models that heighten our expectations of our youth, today. Many leaders have also opened many doors and provided many blueprints and they, should be saluted. In addition, the numerous autobiographies and biographies on noted African Americans are rarely completed without them acknowledging their ancestors and how also their faith and spirituality were the foundation of many successes.

In 2003, I was granted an early retirement from my educational service work in the United States to pursue a long term goal to get involved in some international education and social service work, mostly in Africa. I learned, shortly after I began my travels that in South Africa the history of the African American struggles throughout the Civil Rights Movement units of study were being

February 8, 2007

American Embassy,
Accra

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CLO Office Hours



Mon-Fri
8am-12:00pm

*If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okeyeame, please write to the Editor, **Mikelle Antoine** at:*

*accraokyeame@yahoo.com
Deadline Monday 5pm*

Please let us know what you would like to see in the Okeyeame. Your suggestions, criticism and story ideas are most welcome!

The Okeyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okeyeame is a Twi word meaning linguist, or chief's spokesperson.

CELEBRATING AFRICAN AMERICAN HISTORY *Okyeame*

Continues from page 1...incorporated in the curriculum and the mission of a new transitional “School to Work” institution program. This institution exists, today in Johannesburg, South Africa. The director expressed to me that information on the pride and determination of African-Americans fight for equality during the civil rights movement would be incorporate in their studies as they were experience many post-apartheid challenges. So, by now you’ agree that all history can benefit our “brothers and sisters” in other lands, too.

I was also inspired by another example of African American pride and history being utilized in another African country, I’ve visited. It was in the country of Angola, in 2004. I met a remarkable female business owner of an enormous construction company. She proudly expressed her identity as an African American (She was born in Africa and had received American citizenship.) In addition to her business responsibilities, she had plans to involve the teaching of African Americans history in a school she wanted to build. This dynamic young woman also welcomed the employment for African Americans who’d choose to move to Angola for the sake of inclusion and enhanced collaboration.

Early 2007, the country of Ghana will celebrate its 50th Jubilee. I am here and I feel the excitement, everywhere. As I learn more about this country’s history, I can see more similarities than differences in many of our world’s cultures and especially in what we all want from life today and tomorrow.

Highlighting the month of February gives opportunity to prepare activities that emphasize pride good character, spirituality, determination, empathy, work ethics, educational advancement, diversity and inclusion. Leaving a legacy of “what we do today” and the promise that the “Sky is the limit,” for our youth is require of us, whatever month it is.

Eva J. Spence-Johnson

www.ejconnections.com

UPCOMING EVENTS AT THE DU BOIS CENTRE

February: Black History Month	Narrated Exhibit “The Influence of Pan-Africanism on Ghana’s Independence”
11 February at 3:00 p.m.	“Black Flicks”: <i>Ray</i>
15 February at 4:00 p.m.	“The Journey to Ghana: Diasporans Who have Settled in Ghana” Mrs. Theresa Kwakye, MA in African Studies, Univ. of Ghana; Director of Ghana Study Programs for American students.
23 February at 4:00 p.m.	“Icons of Pan-Africanism” - Du Bois Birthday Program: Panel Discussion by SSS Students on The Influence of Pan-Africanism on Ghana’s Independence
25 February at 3:00 p.m.	“Black Flicks” <i>W.E.B. Du Bois: A Biography in Four Voices</i>
2 – 24 March	Exhibit by members of the Foundation for Contemporary Art
11 March at 2:00 p.m.	“Diasporans Answering Nkrumah’s Call”: Presentations by two Diaspora-initiated projects empowering residents of refugee camps in Ghana
11 March at 4:00 p.m.	“Black Flicks”: <i>Lumumba: Death of a Prophet</i>
22 March at 4:00 p.m.	“Icons of Pan-Africanism”- Lecture by Prof. N’Dri Assie-Lumumba, Cornell University
25 March at 3:00 p.m.	“Black Flicks”: <i>Sankofa</i>

Celebrating Ghana @ 50



From Richard N. Fogoros, M.D.,
Your Guide to Heart Disease.

Low Fats, or Low Carbs?



Is there common ground?

Mitigating intractable differences

Like Republicans and Democrats, the respective advocates of low carb and low fat diets actually have a lot more in common than appears on the surface. It can be helpful to those of us looking for the "right" diet to examine what those similarities may be. We can begin mitigating differences in these two dietary approaches right away by stating a truth that neither party can deny: if a person takes in more calories - whether in the form of fats or carbohydrates - than he or she burns up, that person becomes obese. Thus, on one hand, eating lots of low fat food will absolutely make you fat; on the other hand, eating lots of low carb food will also do the same. Dr. Atkins' claim that a person on his diet does not need to count calories (only grams of carbohydrates) is not strictly correct.

Sponsored Links

"Lose 30 lbs in 30 Days"

Chinese Fat-Loss Secret. As Seen on TV!

www.AncientWulongTea.com

CardioVision MS-2000

Ankle/Brachial Index Test Device FDA Cleared (Professional Use Only)

www.imdp.com

Find Low Carb Info Here

Get A 100% Free Online Diet Plan! Register Today For Carb Resources

SparkPeople.com/Carb_Advice

(That this statement often appears to be true is probably because eating fat quenches the appetite while carbohydrates - as we have seen - can stimulate the appetite, so a diet high in fat can result in fewer calories consumed overall. But the fact remains - if you eat more calories than you burn up, you gain weight.)

Second, in recent years most proponents of low carbohydrate diets have recognized the health benefits of eating certain foods that are relatively high in carbohydrates - especially vegetables and certain fruits. Such foods not only supply necessary vitamins that one misses on a strict no-carb diet, but also supply the "roughage" that aids digestion (constipation, sometimes severe, is an admitted problem with low carb diets) and may help prevent some types of cancer.

Third, also in recent years, even the strictest fat-limiting advocates have had to admit that evidence is now strong that not all fats are alike. Some - the saturated fats and transfatty acids - are bad for you, but other fats - the omega-3 fats and other varieties found in fish, nuts, olives and avocados - are actually healthy, help prevent heart disease, and ought to be included in the diet. Indeed, most low-fat diets - when you look at the small print - now advocate up to 30% of calories from fats, the right kind of fats, of course.

Fourth, the most radical low-fat diets (such as the Pritikin and Ornish diets) strictly limit the same kind of "rapid" carbohydrates (i.e., the rapidly absorbed carbohydrates that stimulate rapid rises and rapid falls in insulin levels) most abhorred by the low-carb advocates. Thus, under Pritikin and Ornish, you'll be staying away from the same bread, potatoes, rice and pasta as with the Atkins diet.

Four rules everyone can agree to

At the end of the day, we can state four general rules that all parties - both low fat and low carb - would agree to:

1) Avoid the simple carbohydrates that cause rapid rises and falls in insulin levels - pasta, potatoes, rice, and products made from refined flour.

2) Eat the more complex carbohydrates - vegetables and fruits - that supply necessary vitamins and roughage, without stimulating rapid rises and falls in insulin levels.

3) Eat foods that supply the "good" fats - fish, nuts, olives, avocados .

4) Avoid processed foods of any type that contain transfatty acids - possibly the worst kind of fat you can ingest.

Unfortunately, the low carb and low fat people will always have a few fundamental disagreements. This group adores saturated fats - meats and dairy products - that are the kiss of death to that group. And that group loves the fruits and grains that cause this group to run away screaming.

But for those of us who aren't intent on defending a position - just trying to do what is best - these are differences we can probably live with. These four rules of agreement ought to be enough to get us started. Those, and common sense, should steer us in the right direction. **Source:** <http://familydoctor.org/029.xml>

AROUND TOWN

North American Women's Association (NAWA) promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the www.noworriesghana.com website or go to www.nawaghana.com. Call secretary Carol Pietryk at 0242 108273 (email: icpietryk@yahoo.ca) or president Monica Carr at 0243 680799 for further information. "You are welcome."

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk
Accragio, a singing group open to expatriates and Ghanaians, is preparing its next program and welcoming all new singers, especially altos and tenors. For more information, please con-

tact Rodger French: deluxevalde-ville@earthlink.net or 024-664-9487.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact acrahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)
Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 0275089645 Mythili Raja Mohen

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallag@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Fit & Fun Gymnastics Club for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.



WANTED: USAID/ West Africa

Title of position: Governance & Conflict Mitigation
Program Assistant USAID/West Africa Conflict &
Governance Team, Accra, Ghana

Area of consideration: U.S Citizen – Resident hire.

Salary range: \$31,740 - \$41,262 (GS/7) per annum depending upon
experience and salary history.

Period of service: One year. Minimum Requirement: Diploma or bachelor's degree in social sciences with at least three months professional experience. Opening date: January 29, 2007. Closing date: February 20, 2007.

Contact person: Thomas Yeboah, Regional Contract Office, USAID/West Africa at tyeboah@usaid.gov for complete position description listing all the duties and responsibilities.



eNEWS

BBC RADIO AFRICA AWARDS

The Africa Radio Awards are about celebrating the best of radio broadcasting across the continent of Africa. The Africa Radio Awards is a chance for these broadcasters to show the rest of the continent what they've been able to achieve and to celebrate their excellence. BBC World Service will announce the winners of the West Africa Regional Final at a press conference due to take place at British Council on 20 February 2007 at 2:30pm.

AARON GOES INTO ACTION

Aaron mingled with the likes of Sir David Green, Director-General (British Council) and Hillary Benn, Secretary for Department of International Development at the launch of Debate to Action in the UK. Aaron Lawson, a trained teacher, a professional youth development worker, the programme coordinator for Higher Learning Ghana and a volunteer for RESPECT Ghana will make a presentation on the impact of DTA on his life. As done in Ghana, 20

young people from London will pilot the UK project and in turn cascade their learning to 20 schools and youth organisations, having an impact on over 400 young people. Read the press release.

SERVING SCIENCE @ CAFÉ SCIENTIFIQUE

A short topical science talk - leading to an invigorating discussion with the gathered participants. This is the format of the new and exciting Café Scientifique jointly launched by the Ghana Education Service (GES) and the British Council which was graced by the Minister of Education, Youth and Sports, the new Director General GES and Director Science Education Unit. This renewed focus is to foster greater interest from students with a view to shoring up the depleting numbers of scientists. More on Café Scientifique.

JOHN PAYNE AWARDED OBE

John Payne, former Director, British Council Ghana has been chosen by Her Majesty Queen Elizabeth II to receive an OBE (Order of the British Empire) for his exceptional work for the British Council while in Ghana (2003 - 2006). 'I feel very pleased...honours like this are also an acknowledgement of the achievements and efforts of colleagues with whom they have worked. So I would like to say many thanks and the very best wishes to all my former colleagues in Accra and Kumasi

Education UK - Institution visits

Quartic Training - 12 February 2007

Quartic Training has been set up to offer full-time and professional courses in London for the Chartered Financial Analyst (CFA) Program. The Program itself covers a wide range of technical subjects, from asset valuation to economics and from quantitative methods to ethical standards.

Further details can be found at www.quartic-training.co.uk and of the program at www.cfainstitute.org.

Cardiff University - 16 - 17 February 2007

University of Glamorgan - 16 February 2007

Queen Mary University - 27 March 2007

For details on the other visits, send us an email or call us on (021) 683068.

CLASSIFIEDS

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SEEKING EMPLOYMENT

Excellent housekeeper and a great cook, Joyce Anku, is looking for job. She is hardworking, trustworthy and has outstanding references. Please call her directly at 0243472026.

Pricilla Emefa is looking for work as receptionist in a hotel or office or as administrative assistant. She recently graduated with a diploma in Hotel management and office management. Please contact her at 0243 625266 or 0243 737190.(3)

Needed immediately: full time experienced and very responsible driver/Gardner that is good with pets and children, willing and able to help with house chores as needed and run errands. Call Ms. M. Spence 0244311944 or 773-465.(2)

Wanted: Cane furniture for use outdoors, dining/kitchen table chair, a chest of drawers for a bedroom and a washing machine. Please call 0246980077

Part-time gardener and handyman. I highly recommend Albert Bediako, who also can do some carpentry work as well as minor electrical repairs. Call Marilyn, 774-690, or contact Albert on 024-354-3814.

Beach Cottage for RENT @ an affordable PRICE! The Sanctuary is a beautiful two bedroom/ one bathroom beach cottage for rent, located in the sleepy fishing village of Pram-Pram (just 40 minutes away from Accra). **3 Bed/ 2 1/2 Bath Home for RENT or SALE @ an affordable PRICE!** This delightful property has three large bedrooms, two modern bathrooms and a guest toilet. It also benefits from a fully-fitted kitchen with everything including a washer and dryer and a spacious living/ dining open plan room. East Airport w/ 24 hr security,. Call **Titi** on **020 817 4362** for any further questions or to arrange a viewing. (2)



USAID/GHANA is looking for a Ghanaian national for the position of Voucher Examiner in the Regional Office of Financial Management (ROFM).

The Voucher Examiner will: (1) examine and process vouchers and invoices of multi-million dollar, long-term technical assistance contractors and grantees, both direct and host country, for USAID project and non-project activities and administrative operations, recommending for payment or indicating required clarification or justification; and to control and monitor payment requests and disbursements for USAID project and non-project activities; and, (2) control the routing of all vouchers from official receipt in OFM through final payment and communication to ultimate payee.

Desired Qualifications, Experience & Skills

Education: Post Secondary School training (Diploma) in accounting or business administration is required. A University Degree in Business Economics, Business Management or Accounting is preferred. **Experience:** Two to four years of experience in accounting or a closely related field and practical knowledge of basic accounting concepts and the flow of accounting transactions are required. **Abilities and Skills:** Good general knowledge of accounting office operations is mandatory. Must have the ability to analyze numerous accounting records and determine the need for various types of entries and adjustments; to reconcile and balance accounts; and to relate the purpose and objectives of projects to their costs and fiscal requirements. Excellent interpersonal skills and good computer skills are also required. **(You may collect the complete job description from the USAID/HR Office)**

Annual Salary range: Minimum \$ 63,072,234 to Maximum \$ 104,095,146 (depending on qualification and experience)

HOW TO APPLY

Persons interested in applying should submit cover letter and resume with salary history to:

The Human Resource Specialist

USAID/Ghana, PO Box 1630, Accra, Ghana.

Envelopes should be marked 'VOUCHER EXAMINER'

CLOSING DATE: February 16th 2007.

(Please note that only short-listed applicants will be contacted)

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MISCELLAENOUS

Looking for a comfortable, safe and clean place, centrally located near West Accra to stay. American female volunteer for a Christian non-profit in West Africa will be here for four months beginning in Feb. 07Willing to pay \$250-\$300/month. Contact baugustin78@yahoo.com (3)

For Sale: Baby Items

-Graco Single Stroller. In good condition and has served us well. Bonus: Infant car seat with matching pattern is included. Cost: 1,000,000 cedis.

-Schwinn Double Jogging Stroller. Great condition and absolutely perfect for walking around Ghana with two small children (large tires and plenty of straps to keep them from falling out). Cost 2,500,000 cedis.

For inquiries contact Dylan at 0244-311-901.

Honest housekeeper, Monica Amadu, tel: 0288 262 106, is seeking employment. Has worked for the past three years for the Management Counselor. References available. (2)

LifeFitness Equipment For Sale Would you like to own your very own Treadmill or cross trainer? LifeFitness Treadmills and Cross-trainers have arrived at Pippa's Health Centre Ltd. We offer delivery, insatllation, warranties and full technical support.For more details call 224488.

VEHICLES FOR SALE

1997 Chevrolet Blazer 4x4. Mileage 102, 000 km. comfort: ac, power steering, powered windows, mirrors and driver seats. High quality stereo. Security: air bag, ABS aspect: looks nice, alloy wheel engine 4.3 L, petrol, V6(265 horsepower). Transmission: Automatic. Price: \$11,900. 0244-352 6005 (3)

1996 Daewoo Nexia saloon car. Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4000 OBO. Pease call 020 813-6962 or 0246 584 384 (3)

2002 Dodge Grand Caravan FWD Sport Mini ASKING PRICE \$18,000 CD & Cassette player; Equipment 3.3 Liter V6 12 Valve 180hp@5200rpm, AC 4 Wheel Power Anti-Lock Brakes 5 Passenger Seating Capacity Dual Sliding Side Doors. Wheelbase: 119.3 inches. Power Rack And Pinion Steering. Curb Weight: 4093 lbs. Power Door Locks. Width: 78.6 inches. Power Windows w/Driver Side. Original Factory Price \$24,275 Contact Information 024-4327424 (3)

Bennett Nyator , tel: 024 383 5294, is seeking employment as a **gardener**. Has worked for the past three years for the Management Counselor. References available. (2)

Humorous Quote:

"He has all the virtues I dislike and none of the vices I admire."
-- Winston Churchill

1998 Honda Civic 4 door sedan, 61700 miles, manual transmission. Excellent condition. Duty not paid. (Estimated at 15 million cedi) Price Reduced to \$5200. Please call Diane at 0244331244. (3)

For Sale: DSTV box and satellite dish for 2,900,000 cedis. Call Gail at 021-773-465 or 0244311944. (3)

2003 Nissan Murano SE 37,000 miles. All Wheel Drive; 3.5 ltr. 6 cyl; Automatic Transmission; Leather seats; power seats and windows; A/C; ABS. \$25,000 or best offer. Duty not paid. Avble mid-March. Call 0244-313-523

FOR SALE: 2 cd ROMs and 1 cd writer for \$50 for Rachel **FOR FREE** to a good home Indoor cat, neutered, 1 ½ years old, male named Saf-fron Shy at first but warms up and is very loving once she gets to know you, no vices If interested call: 0244-311-499 Or: 763-709

Wanted: Baby Stuff!

We're looking for baby furniture like a crib, a glider, etc. and other useful baby gear for a new born and for the baby's first year. Let us know if you have anything to sell or will have things to sell soon. Call Katherine 0244.322.524 or Jamie 0242.170.683 or email katherinepasternak@yahoo.com. (2)

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WANTED

HOUSING. Urgent. Diplomats looking for a safe and quite accommodation in Airport Res., Cantonment, East Legon or Osu with a swimming pool. No agent please. Tel: 0242 266 713 (2)

Housing Needed: Seeking new house, 3 bedroom for rent. Pref in East Legon, Osu, Labone, Cantonments, gated community or best alternative. Call Mikelle at 0243 019535

HIRING / DRIVER. Urgent. Wish to hire an experienced driver for 1-4 hours / week. Taxi driver OK. Call 0242 266 713 (2)

HIRING / HOUSE MAID. Urgent. Wish to hire a house maid who can cook Chinese, Korean or Japanese food. Please call 0242 266 713 (2)

POSITION WANTED / HOUSE MAID. Experienced house maid who can cook is looking for a full time or part time position in a house with a place to stay. Please call Cecile 0242 266 713. (2)

HOUSING NEEDED: I am looking for a 1 or 2 bedroom apartment but would also consider a guest house. I will also house sit. Contact Wade, a Peace Corps volunteer at 0243 525 989. (2)

FOR SALE: Elliptical Trainer. Brand new Schwinn 418 elliptical. Never been used. Still in original box. 110v. \$1000 obo. Contact jbsandefur@yahoo.com or call 0244-313-523. (2)

VEHICLES FOR SALE

Golf 3 1992 model Black Radio & CD player, manual Tinted windows and sporty looking. Mileage 265 000km Price: 53 million or US \$ equivalent (negotiable) To view call please call 0244 936 783 after 4pm Mon - Thursday, Friday after 2pm and weekend anytime during the day. (2)

For Sale: Toyota Camry 1999, 4 door sedan, automatic, 74,900 miles Excellent condition US\$9,000 or best offer Sedan, one owner, very well maintained, imported duty free **Straw Sofa set** large sofa, love seat, two side chairs, and table dark blue cushions \$160 for entire set 2 **Straw/bamboo table** and chair sets glass top table with four chairs per set \$130 per set **Large collection of plants all sizes** - will sell for the cost of the Clay pots that they are in **Tamashi Split Air Conditioner** 2.5HP purchased in March 2005 for US\$725. Will sell for \$400. Infrequently used. **Double bed box** spring and mattress \$150 or best offer **DSTV Box and Satellite Dish** \$150 Contact Dorothy Rozga, UNICEF 244 331 500

FOR RENT: Fully furnished room available for short term rent located in Asylum Down. \$70 per week (negotiable) Includes: A/C and Wi Fi internet access. Ideal for voluntary workers new to Ghana. Contact: Duncan Williams 0244 333 529. (2)

WANTED:

- WANT TO BUY a DVD player -new or second hand- connectable to TV to

Record TV programs. Tel: 0242 266 713 "

- WANT TO BUY used VIDEO TAPES to record TV programs for my students.

If you are leaving the country, please do not throw them, but give them / sell them to me, please !

Tel: 0242 266 713

- SALE of FRENCH MATERIAL for adults and adolescents. A sale of new and Used books, video, DVD will be held on Saturday 3rd of February from 9-13pm in Airport Res. area. New and used. Prices between 3 US \$ - 15 US \$. If you have some French material that you do not use any longer, sell it or come and trade it !

Ongoing Garage Sale

Check out

www.hrncir.net

for items from a family leaving Accra . The site is updated

weekly and available for immediate purchase unless otherwise noted.